

Full Report (All Nutrients) 15037, Fish, halibut, Atlantic and Pacific, cooked, dry heat

Report Date: June 25, 2017 19:08 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Carbohydrate Factor: 3.87 Fat Factor: 9.02 Protein Factor:4.27 Nitrogen to Protein Conversion Factor:6.25

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 159g
Proximates						
Water	g	76.12	--	--	64.70	121.03
Energy	kcal	111	--	--	94	176
Energy	kJ	464	--	--	394	738
Protein	g	22.54	--	--	19.16	35.84
Total lipid (fat)	g	1.61	--	--	1.37	2.56
Ash	g	1.57	--	--	1.33	2.50
Carbohydrate, by difference	g	0.00	--	--	0.00	0.00
Fiber, total dietary	g	0.0	--	--	0.0	0.0
Sugars, total	g	0.00	--	--	0.00	0.00
Fructose	g	0.00	--	--	0.00	0.00
Lactose	g	0.00	--	--	0.00	0.00
Maltose	g	0.00	--	--	0.00	0.00
Galactose	g	0.00	--	--	0.00	0.00
Starch	g	0.00	--	--	0.00	0.00
Minerals						
Calcium, Ca	mg	9	--	--	8	14
Iron, Fe	mg	0.20	--	--	0.17	0.32
Magnesium, Mg	mg	28	--	--	24	45
Phosphorus, P	mg	287	--	--	244	456
Potassium, K	mg	528	--	--	449	840
Sodium, Na	mg	82	--	--	70	130
Zinc, Zn	mg	0.43	--	--	0.37	0.68

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g	0.5 fillet 159g
Copper, Cu	mg	0.028	--	--	0.024	0.045
Manganese, Mn	mg	0.013	--	--	0.011	0.021
Selenium, Se	µg	55.4	--	--	47.1	88.1
Vitamins						
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0	0.0
Thiamin	mg	0.058	--	--	0.049	0.092
Riboflavin	mg	0.036	--	--	0.031	0.057
Niacin	mg	7.911	--	--	6.724	12.578
Pantothenic acid	mg	0.416	--	--	0.354	0.661
Vitamin B-6	mg	0.632	--	--	0.537	1.005
Folate, total	µg	14	--	--	12	22
Folic acid	µg	0	--	--	0	0
Folate, food	µg	14	--	--	12	22
Folate, DFE	µg	14	--	--	12	22
Choline, total	mg	75.1	--	--	63.8	119.4
Vitamin B-12	µg	1.27	--	--	1.08	2.02
Vitamin B-12, added	µg	0.00	--	--	0.00	0.00
Vitamin A, RAE	µg	24	--	--	20	38
Retinol	µg	24	--	--	20	38
Carotene, beta	µg	0	--	--	0	0
Carotene, alpha	µg	0	--	--	0	0
Cryptoxanthin, beta	µg	0	--	--	0	0
Vitamin A, IU	IU	73	--	--	62	116
Lycopene	µg	0	--	--	0	0
Lutein + zeaxanthin	µg	0	--	--	0	0
Vitamin E (alpha-tocopherol)	mg	0.74	--	--	0.63	1.18
Vitamin E, added	mg	0.00	--	--	0.00	0.00
Tocopherol, beta	mg	0.00	--	--	0.00	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00	0.00
Tocopherol, delta	mg	0.00	--	--	0.00	0.00
Vitamin D (D2 + D3)	µg	5.8	--	--	4.9	9.2
Vitamin D3 (cholecalciferol)	µg	5.8	--	--	4.9	9.2
Vitamin D	IU	231	--	--	196	367

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Vitamin K (phylloquinone)	µg	0.0	--	--	0.0	0.0
Lipids						
Fatty acids, total saturated	g	0.354	--	--	0.301	0.563
4:0	g	0.000	--	--	0.000	0.000
6:0	g	0.000	--	--	0.000	0.000
8:0	g	0.000	--	--	0.000	0.000
10:0	g	0.000	--	--	0.000	0.000
12:0	g	0.006	--	--	0.005	0.010
14:0	g	0.060	--	--	0.051	0.095
15:0	g	0.005	--	--	0.004	0.008
16:0	g	0.212	--	--	0.180	0.337
17:0	g	0.003	--	--	0.003	0.005
18:0	g	0.065	--	--	0.055	0.103
20:0	g	0.002	--	--	0.002	0.003
22:0	g	0.001	--	--	0.001	0.002
24:0	g	0.001	--	--	0.001	0.002
Fatty acids, total monounsaturated	g	0.573	--	--	0.487	0.911
14:1	g	0.004	--	--	0.003	0.006
15:1	g	0.002	--	--	0.002	0.003
16:1 undifferentiated	g	0.082	--	--	0.070	0.130
17:1	g	0.008	--	--	0.007	0.013
18:1 undifferentiated	g	0.278	--	--	0.236	0.442
20:1	g	0.161	--	--	0.137	0.256
22:1 undifferentiated	g	0.017	--	--	0.014	0.027
24:1 c	g	0.020	--	--	0.017	0.032
Fatty acids, total polyunsaturated	g	0.352	--	--	0.299	0.560
18:2 undifferentiated	g	0.041	--	--	0.035	0.065
18:3 undifferentiated	g	0.013	--	--	0.011	0.021
18:4	g	0.008	--	--	0.007	0.013
20:2 n-6 c,c	g	0.005	--	--	0.004	0.008
20:3 undifferentiated	g	0.010	--	--	0.009	0.016
20:4 undifferentiated	g	0.017	--	--	0.014	0.027
20:5 n-3 (EPA)	g	0.080	--	--	0.068	0.127

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22:4	g	0.002	--	--	0.002	0.003
22:5 n-3 (DPA)	g	0.020	--	--	0.017	0.032
22:6 n-3 (DHA)	g	0.155	--	--	0.132	0.246
Fatty acids, total trans	g	0.028	--	--	0.024	0.045
Cholesterol	mg	60	--	--	51	95
Amino Acids						
Tryptophan	g	0.283	--	--	0.241	0.450
Threonine	g	1.108	--	--	0.942	1.762
Isoleucine	g	1.165	--	--	0.990	1.852
Leucine	g	2.055	--	--	1.747	3.267
Lysine	g	2.321	--	--	1.973	3.690
Methionine	g	0.748	--	--	0.636	1.189
Cystine	g	0.271	--	--	0.230	0.431
Phenylalanine	g	0.988	--	--	0.840	1.571
Tyrosine	g	0.854	--	--	0.726	1.358
Valine	g	1.302	--	--	1.107	2.070
Arginine	g	1.512	--	--	1.285	2.404
Histidine	g	0.745	--	--	0.633	1.185
Alanine	g	1.529	--	--	1.300	2.431
Aspartic acid	g	2.589	--	--	2.201	4.117
Glutamic acid	g	3.774	--	--	3.208	6.001
Glycine	g	1.213	--	--	1.031	1.929
Proline	g	0.894	--	--	0.760	1.421
Serine	g	1.031	--	--	0.876	1.639
Other						
Alcohol, ethyl	g	0.0	--	--	0.0	0.0
Caffeine	mg	0	--	--	0	0
Theobromine	mg	0	--	--	0	0